

[24/06/06][17:52:18] -

Title: TROUT SURPRISE

Author: Jendon

Pan Fried Whole Trout:

Trout, 2 to 3 lbs.
cleaned
2 tsp. salt
1/2 tsp. ground pepper
1/2 cup yellow cornmeal
1/2 cup flour
3 tbsp. butter
8 tbsp. vegetable oil
1 lemon, cut into wedges

Wash trout under cold water; pat dry with a towel. Sprinkle with salt and pepper. Mix cornmeal and flour. In heavy skillet, melt butter in oil over moderate heat. When the foam begins to subside, roll trout in cornmeal/flour mixture, shake off excess and put in skillet. Fry 4-5 minutes on each side, until golden brown and flaky. Serve with lemon wedges.